BOWFLEX®

Bowflex® TreadClimber® 1000, 3000 & 5000

Owner's Manual

Nautilus® Bowflex® Schwinn® Fitness StairMaster® Universal® Nautilus Institute®

a brand of NAUTILUS Inc

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Preface

CONGRATULATIONS!

Thank you for making the Bowflex® TreadClimber® fitness machine a part of your exercise and fitness activities. For years to come, you will be able to rely on Bowflex® craftsmanship and durability as you pursue your personal fitness goals.

The Bowflex® TreadClimber® fitness machine enables you to shape and monitor your workouts to:

- Increase your energy level
- Increase cardiovascular and aerobic fitness
- Increase your muscle strength
- Decrease your overall percentage of body fat

Whether you are just getting started in an exercise program or are already in good shape, the Bowflex® TreadClimber® fitness machine is designed to be an efficient, easy and fun way to achieve an enhanced level of fitness. Accurately monitor your progress while you exercise your way to a slimmer and healthier body.

This Owner's manual contains all the information you need to operate and enjoy your Bowflex® TreadClimber® fitness machine. Please read this Owner's Manual before getting onto the Bowflex® TreadClimber® fitness machine and working out.

Take your time and have fun!

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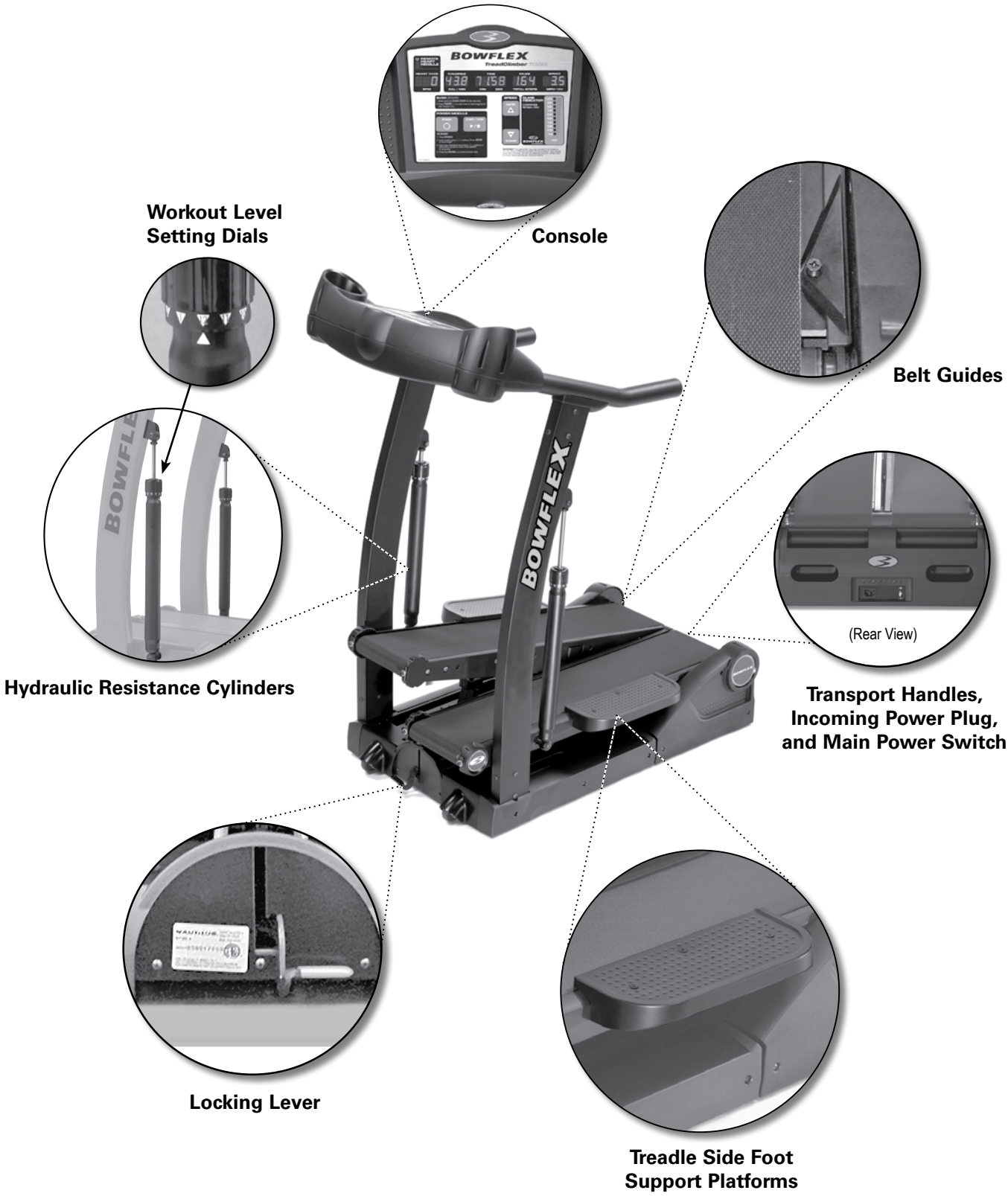
Product Features



Product Specifications

Physical Dimensions	
Length	46 inches (117 cm)
Width	28.5 inches (72.5 cm)
Height	55.25 inches (140.5 cm)
Weight	185 pounds (84 kg)
Shipping Weight	220 pounds (100 kg)
System Capacities	
Maximum Weight Capacity	300 lbs (136 kgs)
Speed	
TC1000	0.5 to 3.8 MPH (0.8 to 6.1KPH)
TC3000 and TC5000	0.7 to 4.0 MPH (1.1 to 6.4 KPH)
Workout Resistance Levels	1 to 12
Warranty Length	See the Warranty section for full information per machine type
Component Specifications	
Belt	7.75 in x 38.5 in (19.5 cm x 98 cm)
Motor	0.5 hp continuous duty
Treadmill Incline	0% Grade
Frame	Powder-coated steel
Operational Voltage	95 to 130 VAC 50 - 60 Hz
Operational Current	12A Max
A 14 gauge, 3 wire extension cord is permissible.	

Regulatory Approvals Marks = c-ETL-US The standard for Safety for Motor-Operated Massage and Exercise Machines, UL 1647, 3rd Ed. and Motor-Operated Appliances, CAN/CSA-C22.2 No. 68-92

Patent Information	U.S. and International Patents Pending

TC1000

TC3000

TC5000

Important Safety Warnings

⚠ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

⚠ To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.

Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers.

- Keep children away from this machine. Monitor them closely when near the machine. Parts that move and appear dangerous to adults can appear safe to children.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Contact Nautilus® Customer Service for repair information.
- Maximum user weight limit: 300 lb. (136 kg). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Use caution when you step on and off the machine. Use the supplied foot support platforms for stability before walking on the moving belt.
- **⚠DANGER** To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 19.7 inches (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Read, understand, and test the Emergency Stop Procedure before use.

Important Safety Warnings

- Keep the walking belt clean and dry.
- Keep power cord away from heat source and hot surfaces.
- Do not drop or put objects into any opening of the machine.
- This machine must be connected to an appropriate, dedicated electrical circuit. Nothing else must be connected to the circuit
- Always connect the power cord to a circuit capable of handling 10 amperes with no other loads applied.
- Connect this machine to a correctly grounded outlet; consult a licensed electrician for assistance.
- Do not operate where aerosol products are being used.
- Do not let liquids touch the electronic controller. If it does, the controller must be inspected and tested for safety by an approved technician before it can be used again.
- This machine is designed for walking. Do not try to run on this machine.

Emergency Stop Procedures

The TreadClimber® machine is equipped with a SAFETY KEY that can protect you from serious injury and inhibit children from playing with and/or being injured on the TreadClimber® machine. If the Safety Key is not fully inserted into the safety keyhole, the TreadClimber® machine will NOT power up.

Safety Key with Clip

⚠ This feature is meant to prevent serious harm and, used properly, is an excellent way to protect your safety during your workout.

⚠ **Always attach the safety key clip to your clothing during your workout.**

⚠ **Always remove the Safety Key from the TreadClimber® machine when not in use to prevent children or other persons from using the machine unsupervised.**

Remove the safety key while using the TreadClimber® machine only in an emergency. When the key is removed, the TreadClimber® machine will stop quickly, which could cause somebody using the machine to lose balance or fall.

Care of the Machine

The Bowflex® TreadClimber® machine's safety and integrity can only be maintained when it is regularly examined for damage and immediately repaired. It is the sole responsibility of the owner to ensure that regular maintenance is performed. Worn or damaged components must be replaced immediately and the TreadClimber® machine shall remain unused until the required repair is made. Only manufacturer-supplied or approved components shall be used to maintain and repair the TreadClimber® machine.

Always unplug your TreadClimber® machine from the outlet before cleaning or servicing the unit.

Helpful Hints

Read all of the maintenance instructions thoroughly before assembling or using the TreadClimber® exercise machine. In some cases, an assistant is required to perform the necessary maintenance tasks. All references to the right or left side, and to the front or back are made as if you were on the TreadClimber® machine ready to exercise.

Initial Service

Use a soft, clean towel to wipe off the dust that may have accumulated during shipping. The TreadClimber® machine will require minor assembly. Refer to the Assembly Guide section of this manual for details.

Accessories

For the best performance, we recommend that the TreadClimber® machine be placed on a rubber machine (treadmill) mat. The rubber mat will help keep dust and debris away from the TreadClimber® machine's motor and belts, reduce noise and increase stability. The Bowflex® TreadClimber® Machine Mat is professional quality and is designed specifically to fit under the Bowflex® TreadClimber® fitness machine. The mat protects floors from scratches and perspiration and it gives workout areas a clean, finished look.

For more information on this accessory and other Bowflex® products available from Nautilus, Inc. check out: www.nautilus.com or www.treadclimber.com.

Cleaning

General cleaning of the TreadClimber® machine will prolong the life of the machine and improve performance. Keep the unit clean by dusting regularly. Be sure to dust the exposed part of the deck on either side of the walking belts and the side rails.

Clean the top of the belt with a damp, soapy cloth and wipe carefully and thoroughly with a dry cloth. Be careful to keep liquid away from inside the base frame and beneath the belts.

Care of the Machine

Walking Belt and Deck Lubrication

The TreadClimber® machine is equipped with a pre-lubricated, low maintenance deck and belt system. Belt friction may affect the function and life of the TreadClimber® machine. For the best results from the TreadClimber® machine, lubricate the treadles periodically with a silicone lubricant, using the following instructions:

1. Unplug the TreadClimber® machine completely from the wall outlet, and remove the power cord form the incoming power plug.

Always unplug the power cord from the wall outlet and wait 10 minutes after unplugging the machine before removing or installing parts to avoid the risk of electrocution, shock or mechanical injury.

2. While the TreadClimber® machine's treadle surfaces are still warm (not hot), apply a very thin layer of silicone lubricant directly onto the treadle beneath each belt. Gently lift each side of the belt and apply a few drops of the lubricant.

Always use a silicone-based lubricant. Never use a de greaser like WD-40® on the Bowflex® TreadClimber® exercise machine as this could seriously impact performance.

3. Plug the TreadClimber® machine back into the machine base and then into the wall outlet.
4. Stand to one side of your TreadClimber® machine on the rubber mat.
5. Turn on your TreadClimber®, and start the belts at the slowest speed. Let the belts run for approximately 15 seconds.
6. Turn off your TreadClimber® machine.
7. Take care to wipe up any excess lubricant from the treadles and your rubber floor mat. We also recommend a periodic inspection of the treadle surfaces under the belts. If the decks appear worn, contact a TreadClimber® Representative (refer to the Important Contact Numbers page at the back of this manual).

To reduce the possibility of slipping, be sure the treadle area is free from grease or oil. Wipe off any excess oil from the machine surfaces.

Use the following timetable as a guide to lubricate the decks:

- Light user (fewer than 3 hours/week): every 6 months
- Medium user (3-5 hours/week): every 3 months
- Heavy user (more than 5 hours/week): every month

We recommend that you use the following:

- Lube-N-Walk® Treadmill Lubrication Kit, available from JAD Fitness, Inc. (800-877-3486 or www.jadfitness.com) or your local specialty fitness dealer.
- 8300 Silicone Spray, available at most Hardware and Auto Parts stores.

Care of the Machine

Inspecting

1. Visually inspect the TreadClimber® machine every time you use it for wear, damage, or loose parts.
2. Inspect the frame for any rust, bubbling, or paint chips during the weekly cleaning. The salt in perspiration can damage the unpainted surfaces.
3. Inspect the belts for excessive wear during lubrication. Adjust the belt tension if necessary.

Determining Hours Used

To determine the number of hours you have used your TreadClimber® machine:

1. Stand on the side foot support platforms with the TreadClimber® Main Power Switch turned on.
2. Remove and re-insert the SAFETY KEY.
3. The total whole hours used will be displayed in the TIME display window. No fractions of, or partial hours will be displayed.
4. The software version will also be displayed in the MILES display window.
5. The display will only be visible for 3-5 seconds. Repeat removing and re-inserting the SAFETY KEY to view the display again.

Positioning and Storing the TreadClimber® Machine

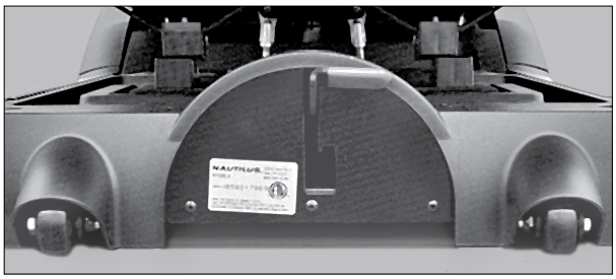
The TreadClimber® machine weighs 185 pounds (84 kg.) when fully assembled, and should never be moved or lifted without taking some precautionary care.

There are two handles for lifting on the back of the base and two wheels on either side of the front of the base beneath the console.

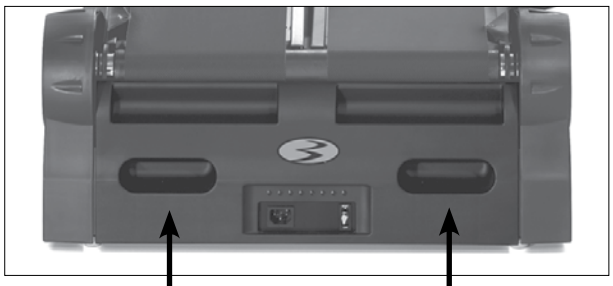
The TreadClimber® machine requires 90 pounds (41 kg.) of force to lift the base to achieve the 30 degree angle necessary to roll it on the front wheels. As this is a considerable amount of force, it is highly recommended that you do not attempt to ever lift or move the TreadClimber® machine without help.

When lifted properly, your TreadClimber® machine can be rolled on the wheels for storage and/or cleaning. Failure to follow precautions could result in physical injury to you, or damage to the machine, or both.

Do not use the uprights, arms, or console to lift or move the TreadClimber® machine. Doing so could cause physical injury to you, and could damage or destroy the TreadClimber® machine.



TreadClimber® Base – Front Wheels



TreadClimber® Base Rear Lift Handles

Getting Started

Read and follow the Safety Precautions on pages 3 &4. Make sure that any other machine users review the same Safety Precautions and that the manual is available to them.

Before You Start

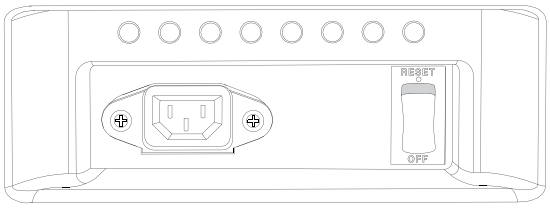
1. Make sure you have calibrated your machine as outlined in Step 19 of the Assembly section or page 28 of this manual before using your Bowflex® TreadClimber® exercise machine for the first time.
2. Determine your workout mode (treadmill, stair-stepper or TreadClimber® mode).

Note: If you are working out in treadmill mode, you must lock the treadles by following the locking procedure in the Locking the Treadles section in this manual.

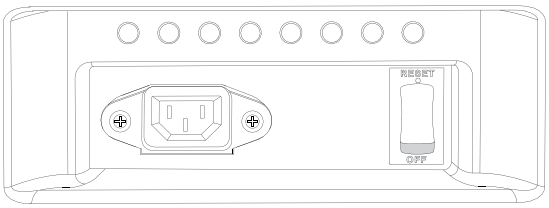
3. Follow the procedure in the Adjusting Workout Level Settings section on Page 10 to adjust the workout level settings on the Hydraulic Cylinders.

Do not stand on the machine while adjusting hydraulic resistance settings.

4. If you are using the Heart Rate Monitor, follow the heart rate transmitter chest-strap directions thoroughly, in the Remote Heart Module section in this manual.
5. Plug the power cord into the base of the machine and into a grounded AC wall outlet. Always plug into the machine before plugging into the wall outlet.



Main Power Switch "Off"



Main Power Switch "On"

Note: The TreadClimber® machine may be equipped with an external circuit breaker.

6. Main Power Switch.
   - Power is switched on using the Main Power Switch near the incoming power cord plug.
   - Power is supplied to the motor and console only when the unit is plugged in and the Main Power Switch is turned on.

Note: The console will not light up until you insert the Safety Key and turn on the console by pressing the POWER Button.

- Position the power cord along the side of the TreadClimber® machine, making sure that it is out of your way when you dismount the machine. Be careful when securing the power plug to prevent stepping on it. Always check the placement of the cord and plug before beginning your workout.

7. Straddle the belts and stand on the Side Foot Support Platforms. Insert the Safety Key into the Safety Keyhole and clip the Safety Key cord to your clothing.
   - The console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole.
   - In the event of an emergency, you may need to pull the Safety Key out while the TreadClimber® machine is in motion. Be aware that this will cut all power to the console and the belts will stop quickly (brace yourself—this is an abrupt stop).
   - You should always wear the Safety Key clip attached to your clothing during workouts to be prepared to stop the belts quickly, if ever necessary.

Safety Key and Cord

8. Begin your workout using the appropriate instructions for your selected workout mode.

Note: Resistance and weight settings are what your Bowflex® TreadClimber® exercise machine uses to calculate your calories burned. If your Workout Level or weight changes, you must remember to change your settings on the console to insure accurate calorie burn calculation.

Select Your Workout Level

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you are new to exercise, are pregnant, have a heart condition or any physical limitation, failure to consult your physician before engaging in physical exercise, such as using the Bowflex TreadClimber® exercise machine, could result in serious injury or death. If while using the Bowflex® TreadClimber® exercise machine you have any pain, tightness in your chest, an irregular heartbeat, shortness of breath, feel faint, light-headed, dizzy or have any pain or discomfort, STOP and consult your physician immediately.

Hydraulic Cylinders

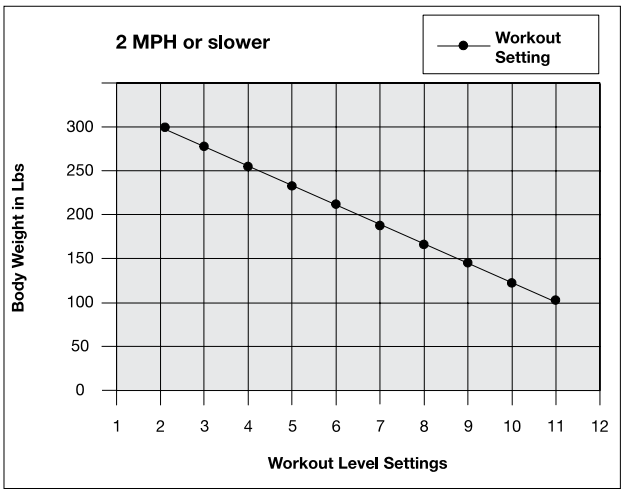
Your TreadClimber® machine uses Hydraulic Resistance Cylinders to absorb your steps and cushion your joints—reducing your overall fatigue and eliminating muscle strain.

Workout Level Settings range from 1 to 12. Workout Level 1 is the easiest workout and Level 12 is the most difficult workout.

Your personal setting will depend on four factors:

- Your weight
- Your fitness level
- The average speed of the belts during your workout
- How deep you want to step

To increase your overall calorie burn, raise your belt speed or raise your Workout Level Setting one or two levels above your suggested level. Raising your Workout Level allows you to take deeper steps, helping your abdominal, gluteus, quadriceps and lower back muscles to work harder, burning more calories, particularly at higher belt speeds.



Workout Level Guide

The following suggested Workout Level Guide is based on average fitness levels and a belt speed of 2 MPH (3.2 KPH) or slower. You should always assess whether that setting is right for you based on your individual needs and fitness level and adjust your Workout Level Settings accordingly.

As your endurance levels increase, you may find that your Workout Level has risen, however, you need to always select a low enough setting that you don't "Bottom out".

Note: "Bottoming out" happens when the treadle is not adequately supporting your weight (Refer to Workout Level Guide diagram). When this is the case, the treadles may bump against the base if you use too much force on your down-ward step. Use a low enough Workout Level Setting to support your weight for the entirety of your step.

Never change your Workout Level Settings without stopping the Bowflex® TreadClimber® belts and getting completely off the machine. Failure to do so could result in injury.

Adjusting Workout Level Settings

If you wish to change your Workout Level Settings during a workout, you must get off the machine before changing the settings. Workout Level Settings are dials located at the top of the Hydraulic Cylinders. Use the dial to line up your desired level with the white arrow.

Resistance Arrow

Setting 1 offers the minimum depth of change of the treadles while setting 12 offers the greatest depth of treadle movement.

Note: Although the Workout Level Dial can move continuously in either direction, it is recommended that you only rotate the dial clockwise to setting 12 and counterclockwise to setting 1.

Workout Level Settings may be adjusted incrementally if that best suits your body weight, fitness level and workout preferences (i.e. you may set the Resistance Arrow midway between Levels 2 and 3).

Always verify that the Workout Level Settings are correct for your unique physical needs, and adjust your settings whenever needed to keep the TreadClimber® machine best attuned to your fitness requirements.

Because the Workout Levels are specific to your body weight, you should not need to change them very frequently. Any time you change the Workout Level Dial Settings, you need to also input that Workout Level into the console during setup so that the CALORIE display accurately reflects calories burned (TC3000 or TC5000 only).

Note: Actual Workout Level Settings are changed manually, using the Workout Level dials located on each Hydraulic Cylinder, but you will also need to input your Workout Level into the console for calorie burn calculations.

If your actual Workout Level Setting is incremental, input your level as the nearest whole number.

When not in use, always lock the treadles and remove the Safety Key for safe storage. This could prevent unsupervised use and/or accidents.

Pausing or Stopping

Pausing or Stopping the TC3000 and TC5000

1. Step off of the belts onto the Side Foot Support Platforms on either side of the treadles.
2. Press START/STOP to stop the belts and console displays, (if you are in stair-stepper mode, pressing START/STOP will stop the console displays).

   Belts will slow down to a complete stop. Final workout information will be displayed in the display windows: HEART RATE (TC5000 only), TIME, TOTAL CALORIES BURNED, TOTAL STEPS and TOTAL DISTANCE/MILES.

   Windows that display multiple workout information (such as CALORIES/CAL PER MIN) will toggle between their final results every 6 seconds until the workout is resumed or the console is turned off.
3. You may restart your workout by pushing the START/STOP button again.

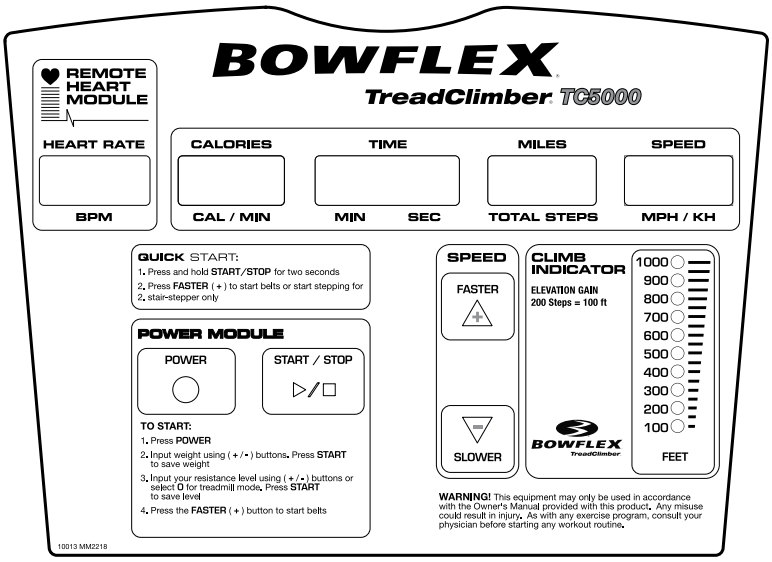
   If you do not push START/STOP again to resume your workout within 5 minutes, your Bowflex® TreadClimber® exercise machine will automatically power off the console. Workout information will be cleared when power to the console is shut off.
4. You may shut off power to the console manually by pushing the POWER button. If this is done during the workout, the console will turn off and the belt will slow to a complete stop. All information from your workout will be cleared.
5. Turn off the Main Power Switch at the base of the machine.
6. Lock the treadles and remove the Safety Key for safe storage when not in use.

   Note: In case of emergency, you may shut off power by pulling out the Safety Key but this will abruptly stop the belts as well as clearing all workout information from the display windows.

Pausing or Stopping the TC1000

1. Step off the treadles onto the side foot support platforms.
2. Press START/STOP to slow the belts to a stop.
3. If you wish to reset your workout numbers, press the RESET button. RESET only works when the belts are not moving.
4. Make sure to turn off the base power switch and unplug the TreadClimber® machine when you have finished your workout.
5. Lock the treadles and remove the Safety Key for safe storage when not in use.

TC 5000 Displays



- HEART RATE/BEATS PER MIN – Displays your heart rate in beats per minute when you are correctly wearing and using the TreadClimber® heart rate transmitter chest-strap or a TreadClimber® compatible heart rate transmitter chest-strap.
- CALORIES/CALORIES PER MINUTE – This screen will toggle between total calories burned (whole number) and calories per minute (includes one decimal place—e.g. 15.5).
- TIME – Counts up in minutes and seconds the total time of your workout (e.g. 24:22 minutes).
- MILES/TOTAL STEPS – This is the miles (or kilometers) displayed to one decimal point (e.g. 0.8) and Total Steps Taken for the entire length of your workout, displayed as a whole number.
- SPEED – Displays your climbing rate in miles (MPH) or kilometers (KPH) per hour to one decimal point (e.g. 3.2 MPH). When unit is used in stair stepper mode, SPEED display will show Steps per Minute.
- CLIMB INDICATOR – This display shows the total height of your workout in feet (200 Steps Taken = 100 feet or 30 meters). After 1000 feet (305 meters), this display starts over again at 100 feet (30 meters).

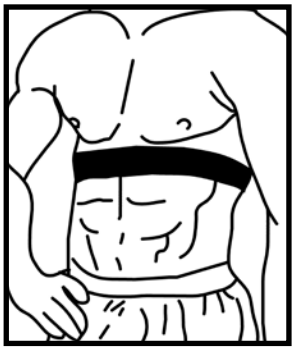
Quick Start

QUICK START – The TC5000 has a Quick Start function for your TreadClimber® machine or treadmill workouts that will bypass having to verify your weight and Workout Level Settings. Make sure you lock the treadles following the Locking the Treadles instructions on Page 20 before starting a treadmill workout.

Note: Quick Start always reverts to the last workout mode used. If you are not going to use TreadClimber® machine in the same mode as your last usage, you cannot use the Quick Start function.

1. Push and hold the START/STOP button for two seconds—this will revert weight and Workout Level to the last numbers saved. (Note: The console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole.)
2. Press the FASTER button to start the belts at 0.7 MPH (1.1 KPH), or start stepping for a stair-stepper workout.
3. Once the belts have started, you may step onto the treadles at any time.
4. Press FASTER again to increase belt speed (for treadmill and TreadClimber® modes).

Remote Heart Module (TC5000 Only)



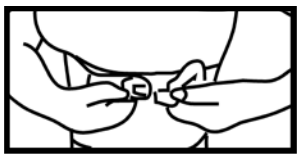
The Remote Heart Module and Heart Rate Transmitter are features on the TC5000 only. You may use the TC5000 Heart Rate Transmitter or any other Heart Rate Transmitter that is compatible with the TreadClimber® TC5000 to help keep yourself within your target fat-burning heart rate zone during your workout.

Note: A Heart Rate Strap with a non-replaceable battery is included. It will work with Polar® watches. To promote contact it should be wet with perspiration, gel or saliva. To promote maximum life, it must be rinsed with clean water and dried after each use. A one year life is expected, replacement part T41 is available from Polar® or Nautilus, Inc.

How to Use Your Chest Strap: Using the Bowflex® TreadClimber® heart rate transmitter chest strap, you can monitor your heart rate at any time during your workout

1. The heart rate transmitter is attached to a chest strap to keep your hands free during your workout.

   Attach the transmitter to the elastic chest strap.



2. Adjust the strap length to fit snugly and comfortably against your skin. Secure the strap around your chest, just below the chest muscles, and buckle it.

3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.

4. Check that the wet electrode areas are firmly against your skin.

5. The transmitter will send your heart rate to the TreadClimber® machine's receiver and your Beats Per Minute (BPM) will be displayed in the HEART RATE display within a matter of several seconds.
6. Always remove the transmitter before cleaning the chest strap. Clean the chest strap regularly with mild soap and water and thoroughly dry it. Residual sweat and moisture keep the transmitter active and drain the battery in the transmitter.

Note: Do not use abrasives or chemicals such as steel wool or alcohol for cleaning, as they can damage the electrodes permanently.

Replacement chest straps are available by calling your TreadClimber® Representative at 1-800-NAUTILUS (1-800-628-8458).

NOTICE: Never immerse the Heart Rate Transmitter in water—doing so could permanently damage the monitor and cause it to malfunction.

If the Heart Rate Transmitter is not sending a signal to your console, check to make certain that the metal electrodes on the chest strap are connecting with your skin. You may need to lightly wet the circles so they adhere.

If no signal appears or you need further information, please call a TreadClimber® Representative at 1-800-NAUTILUS (1-800-628-8458).

Information About Heart Rate Calculations

Your maximum heart rate generally declines with age from about 220 Beats Per Minute (BPM) in childhood to about 160 BPM at age 60. This fall in heart rate is fairly linear, decreasing by approximately one BPM per year. There is no strong evidence to suggest that training influences the decline in maximum heart rate. It should be remembered that individuals of the same age might have quite different maximum heart rates. It is more accurate to calculate this value by undergoing a stress test than by using an age-related formula.

On the other hand, your resting heart rate is greatly influenced by endurance training. The typical adult has a resting heart rate of about 72 BPM whereas highly trained runners may have readings of 40 BPM or lower.

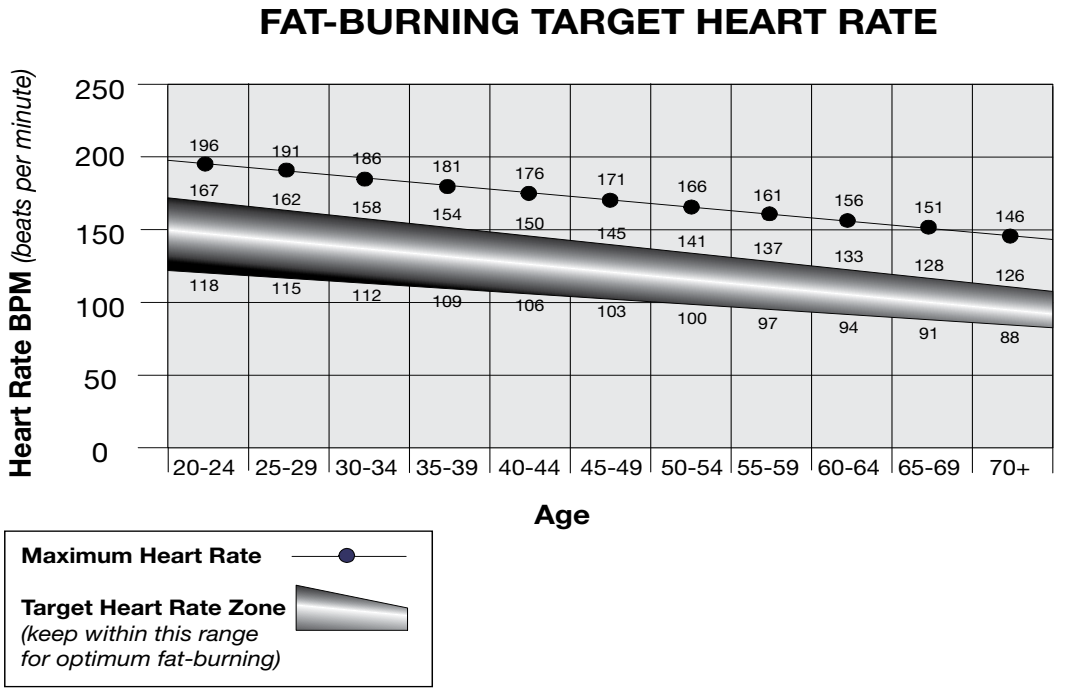
The heart rates below are based on average fitness of persons of the age indicated. You may be more or less fit, and your actual maximum heart rate and zones may be correspondingly higher or lower. You should therefore consult your physician for the maximum heart rate that is right for you and the heart rates that you can safely exercise at.

The best way to burn fat during exercise is to start slowly with a less intense exercise and gradually increase your intensity until your heart rate during exercise is between 60 – 85% of your maximum heart rate, and continue at that pace, keeping your heart rate in that target zone for over 20 minutes.

The longer you maintain your target heart rate, the more fat your body will burn.

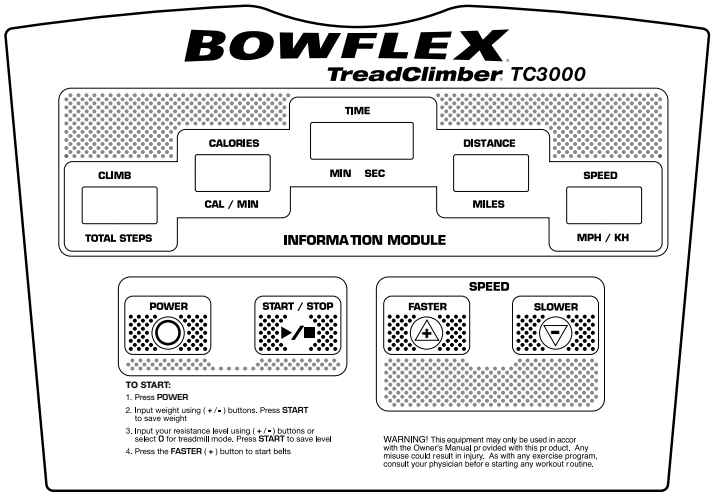
The graph below is merely a guideline, showing the generally suggested target heart rate for persons your age. As noted above, your optimal target rate may be higher or lower, depending on your fitness. Consult your physician for your individual target heart rate.

Using the graph below as a guideline, raise and lower the intensity of your workout to keep within the suggested target heart rate for your age.



Note: As with all exercises and fitness regimens, always use your best judgment when increasing intensity or endurance.

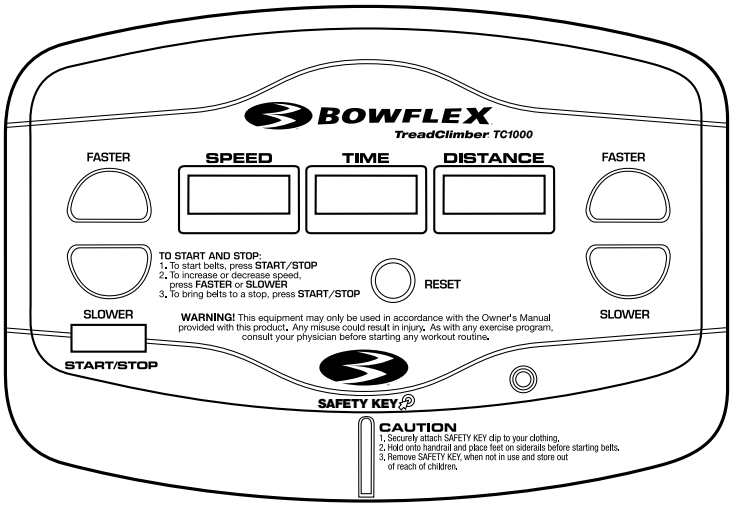
TC3000 Features


BOWFLEX
TreadClimber TC3000
TIME
CALORIES
DISTANCE
CLIMB
MIN SEC
SPEED
CAL / MIN
MILES
TOTAL STEPS
INFORMATION MODULE
MPH / KH
POWER
START / STOP
SPEED
FASTER
SLOWER
TO START:
1. Press POWER
2. Input weight using (+ / -) buttons. Press START to save weight
3. Input your resistance level using (+ / -) buttons or select 0 for treadmill mode. Press START to save level
4. Press the FASTER (+) button to start belts
WARNING! This equipment may only be used in accor with the Owner's Manual provided with this pr oduct. Any misuse could result in injury. As with any exercise program, consult your physician befor e starting any workout r outine.

TC3000 Displays

- CLIMB/TOTAL STEPS – This displays the total steps you have taken since starting your workout.
- CALORIES/CALORIES PER MINUTE: This screen toggles between the total calories burned (whole number) and calories per minute (to one decimal place).
- TIME – Counts up the total time of your workout in minutes and seconds (e.g. 24:22 minutes).
- DISTANCE – The total distance you have traveled in miles (to one decimal point, e.g. 3.4 Miles) for this workout.
- SPEED/MPH/KH – Displays your climbing rate in miles or kilometers per hour (e.g. 3.2 MPH).

TC1000 Features


BOWFLEX
TreadClimber TC1000
FASTER
SPEED
TIME
DISTANCE
FASTER
TO START AND STOP:
1. To start belts, press START/STOP
2. To increase or decrease speed, press FASTER or SLOWER
3. To bring belts to a stop, press START/STOP
RESET
SLOWER
WARNING! This equipment may only be used in accordance with the Owner's Manual provided with this product. Any misuse could result in injury. As with any exercise program, consult your physician before starting any workout routine.
SLOWER
START/STOP
SAFETY KEY
CAUTION
1. Securely attach SAFETY KEY clip to your clothing.
2. Hold onto handrail and place feet on siderails before starting belts.
3. Remove SAFETY KEY, when not in use and store out of reach of children.

TC1000 Displays

- SPEED – Displays the Speed of your workout in MPH (e.g. 2.4 MPH).
- TIME – Counts up the total time of your workout in minutes and seconds (e.g. 24:22 minutes).
- DISTANCE – The total distance you have traveled in Miles (to one decimal point, e.g. 3.4 Miles) for this workout.
- RESET – This button resets all values in the Displays to zero after you have Paused or Stopped your workout.

Setting English or Metric Measurement Units (TC3000 and TC5000)

You can configure the TC5000 and TC3000 Consoles to display in Miles or Kilometers:

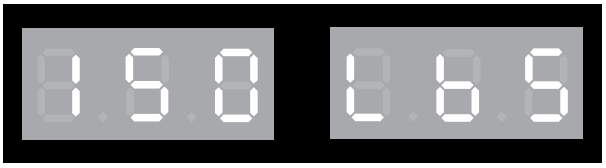
1. Turn the Main Power Switch on the Bowflex® TreadClimber® base to 'On'.
2. Remove the Safety Key.
3. Press and hold the START/STOP button.
4. Insert the Safety Key while holding down the START/STOP button.
5. Console will power up and show "EngL" text in the TIME display.
6. Continue to hold the START/STOP button and the console will toggle between "EngL" and "MET" every three seconds.

English Measurement Display

Metric Measurement Display

7. Release the START/STOP button when desired measurement unit type is displayed.
8. Remove and re-insert the Safety Key to clear the TIME display.

The below is an example of how weight will display in both English Standard and Metric



English Measurement—150 Pounds

Metric Measurement—68 Kilograms

Walking Belt Adjustment

If either of the walking belts seem to be tracking excessively to one side or the other, adjustments can be made at the front roller of each treadle.

Misalignment Test and Resolution

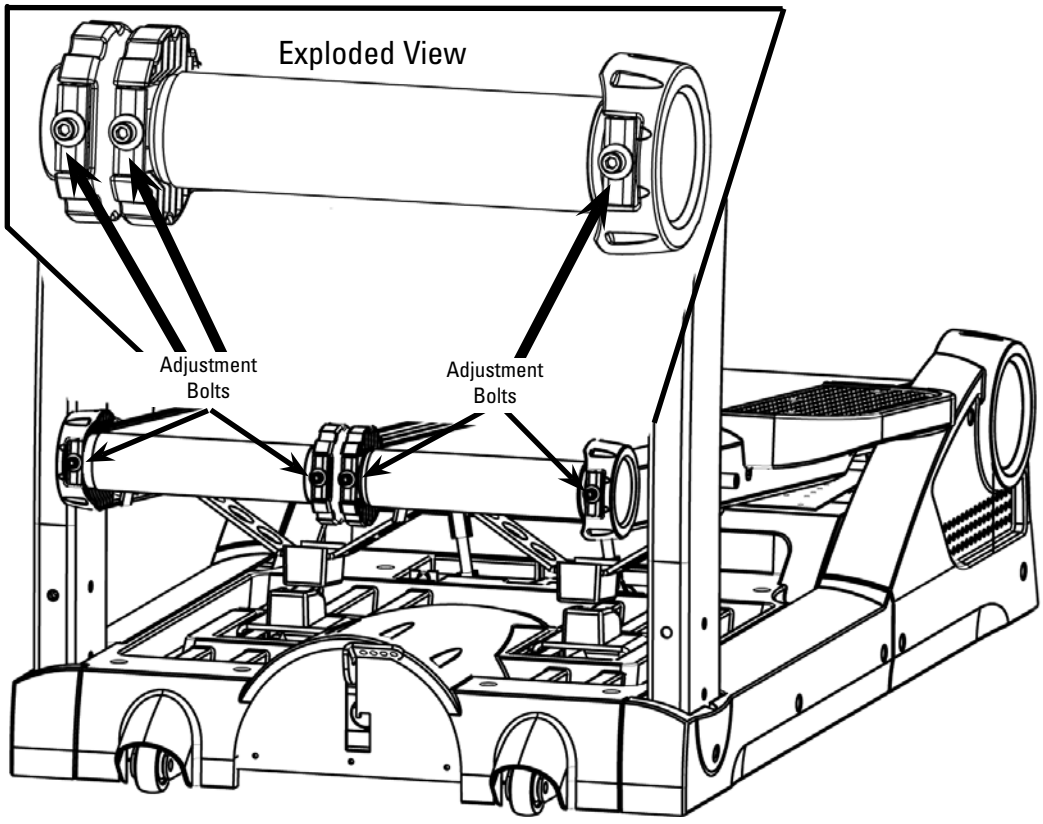
Visual Test – Standing beside the unit, set the speed at 1.5 mph. Standing in front of the unit you will see adjustment bolts on each end of each front roller. If the belt is tracking too far to the right, turn clockwise to tighten the right adjustment bolt on that roller using the provided hex key in full turn increments to realign belt. If the belt seems to be tracking too far to the left, do the same thing on the left adjustment bolt for that roller.

Check belt tension:

The belts should be just tight enough that your fingers laid flat can fit snugly under the belt at it's mid-point. If a belt is not snug turn both knobs clockwise one full turn and check tension again. Repeat this step if necessary.

If a belt is too tight, loosen (turn counter-clockwise) the bolt adjustment knobs one full turn and re-check the tension. Repeat this step until fingers can fit snugly under the belt.

Note: Bolts are turned counter-clockwise only to reduce excessive belt tension. Do not turn bolts counter-clockwise when adjusting belt alignment.



Walking Belt Alignment

Determining Your Fitness Level

Endurance is an important way to determine your fitness level. Before you begin exercising on your Bowflex® TreadClimber® exercise machine, you will want to benchmark your current endurance level, based on how well you feel after you take these quick tests on your TreadClimber® machine. To do these tests, you'll need to use your TreadClimber® machine in all exercise modes (TreadClimber®, treadmill and stair-stepper modes).

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you are new to exercise, are pregnant, have a heart condition or any physical limitation, failure to consult your physician before engaging in physical exercise, such as using the Bowflex TreadClimber® exercise machine, could result in serious injury or death. If while using the Bowflex® TreadClimber® exercise machine you have any pain, tightness in your chest, an irregular heartbeat, shortness of breath, feel faint, light-headed, dizzy or have any pain or discomfort, STOP and consult your physician immediately.

These three quick tests should help you determine at what level you should start training:

Test 1

1. Start a TreadClimber® workout (belts and treadles engaged) at 0.7 MPH (0.5 for TC1000), using the easiest Workout Level Setting for your weight (see the Workout Level Settings table on Page 10), and gradually increase your speed for the next 30 seconds until you reach 2 MPH or until you feel that you are at your personal maximum exertion.
2. Continue for another 15 seconds at that speed, then step off the treadles onto the Side Foot Support Platforms and press START/STOP to stop the belts.
3. Once the belts have stopped, breathe in and out slowly a few times, and then review your level of exertion based on the below scale:

RATE OF PERCEIVED EXERTION SCALE

1. Sluggish – heart rate not raised
2. Comfortable – strolling rather than exercising
3. Alert and moving – not exerting yourself
4. Heart rate up – feel activated
5. Moderate exercise – feel aerobic and warmed up
6. Invigorated and healthy but could tire out soon
7. Breathing heavier – pushing yourself
8. Panting hard – feeling muscle burn
9. Sharp increase in exertion – almost at maximum effort
10. Maximum effort – could collapse if pace continued

Based on the above scale:

- Beginner Level perceives exertion at 8, 9 or 10
- Intermediate Level perceives their exertion at 4, 5, 6 or 7
- Advanced Level perceives exertion at 1, 2 or 3

Test 2

1. Change over to Treadmill mode (see Locking the Treadles section in this manual) and begin a workout at 0.7 MPH (0.5 for TC1000), gradually increasing your speed for the next 30 seconds, raising speed until you reach 2 MPH or until you feel that you are at your personal maximum exertion.
2. Continue for another 15 seconds at that speed, then step off the treadles onto the Side Foot Support Platforms and press START/STOP to stop the belts.
3. Once the belts have stopped, breathe in and out slowly a few times, and then review your level of exertion based on the Perceived Exertion Scale listed under Test 1 of the Workout Instructions section of this manual.

Test 3

1. Change over to the Stair-Stepper mode using the easiest workout resistance for your weight (see the Workout Level Guide table in the Select Your Workout Level section of this manual), and gradually increase your rate of stepping for the next 30 seconds, taking steps at a moderate depth and height while stepping more quickly until you feel that you are at your personal maximum exertion.
2. Continue for another 15 seconds at that speed and then stop stepping and step off the treadles and onto the Side Foot Support Platforms.
3. Breathe in and out slowly a few times, and then review your level of exertion based on the Perceived Exertion Scale listed under Test 1 of the Workout Instructions section of this manual.

Assessment

After finishing all endurance tests, add the totals of your perceived exertion for Tests 1, 2 and 3 together and divide by three. If your score is:

8 - 10: use the BEGINNER LEVEL workouts on Page 43.

4 - 7: use the INTERMEDIATE LEVEL workouts on Page 43.

1 - 3: use the ADVANCED LEVEL workouts on Page 43.

If at any time you wish to raise your endurance, you should retest your Perceived Exertion Level.

If you follow our workout program, you should see a marked improvement in your endurance after just a few workouts on your Bowflex® TreadClimber® exercise machine.

Treadmill Workout

Treadles

Each Bowflex® TreadClimber® treadle is a separate treadmill with its own belt, however both treadles are driven by the same axle and motor. This assures that each belt travels at the same speed. Further, the treadles are interconnected, which provides a balanced relationship between the left and right sides during the workout to give the most cushioned effect to your joints.

Locking the Treadles for Treadmill Workout

The right and left treadles can be locked together to get a treadmill workout.

To avoid possible unintended actuations of the treadles with resulting injury, disconnect all power to machine and wait 10 minutes after unplugging the machine to make sure all residual energy is dissapated before locking or unlocking treadles.

The TreadClimber® machine is equipped with a treadle-locking lever that can be manipulated with your foot.

1. Turn off all power to the TreadClimber® machine and unplug the power cord from the wall outlet.
2. Move the locking lever downward and to the left and then upward into the 'locked' position with your foot. Stand on each treadle individually until they drop to the horizontal position. There will be a 'click' when they lock into position.
3. Insert power cord into the wall outlet and turn on the Main Power Switch. Follow the Starting a Treadmill Workout instructions for your model on Page 37 to work out in treadmill mode.

Lever in locked position for treadmill mode

Lever in unlocked position for TreadClimber® mode

5. To release the treadles, turn off the Main Power switch and push the lever downward and to the right with your foot. The treadles will return to inclined position.

Note: You will not need to manually change the Workout Level Settings on the Hydraulic Cylinders for a treadmill workout.

Workout Instructions

Starting a Treadmill Workout (TC3000 and TC5000)

1. Make sure you have locked the treadles, following the guidelines in the Locking the Treadles section in this manual.
2. Push POWER to turn on the Console. The console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole.

To avoid injury, do not stand on the walking belts while starting or stopping them.

3. Input your weight. For first time use, follow the weight-input instructions for Starting a TreadClimber® Workout on Page 23.
4. When your weight is displayed accurately, push START/STOP one time.
5. Input a Workout Level Setting of 0 for treadmill workout once you have locked the treadles. Remember to change your Workout Level Setting to 0 every time you work out in treadmill mode in order to insure that the CALORIE display accurately shows your calories burned.
6. When your Workout Level is displayed accurately, push START/STOP once again. This will start the clock counting your workout TIME.
7. Press FASTER to start the belts. Starting belt speed is 0.7 mph.
8. Once the belts have started, you may step onto the treadles at any time.

Note: If you are new to the TreadClimber® machine, make sure to start your workout at a slower speed, gradually increasing belt speed as your endurance and fitness levels increase.

9. Press FASTER or SLOWER to increase or decrease belt speed as needed.

Starting a Treadmill Workout (TC1000)

1. Make sure you have locked the treadles, following the guidelines in the Locking the Treadles section in this manual.
2. Push START/STOP to start the walking belts (the console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole)—TIME starts counting as soon as you start the belts. Starting belt speed is 0.5 mph.
3. Once the belts have started, you may step onto the treadles at any time.

Note: If you are new to the TreadClimber® machine, make sure to start your workout at a slower speed, gradually increasing belt speed as your endurance and fitness levels increase.

4. Press FASTER or SLOWER to increase or decrease belt speed as needed.

Starting a Stair-Stepper Workout (TC3000 and TC5000)

1. Push POWER to turn on the Console (the console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole).
2. Input your weight. For first time use, follow the weight-input instructions for Starting a TreadClimber® Workout on Page 23.
3. When your weight is displayed accurately, push START/STOP one time.
4. Input your Workout Level Setting. For first time use, follow the Workout Level-input instructions for Starting a TreadClimber® Workout on Page 23.
5. When your Workout Level is displayed accurately, push START/STOP once again. This will start the clock counting your workout TIME.
6. Do not press the FASTER button to start the belts. Instead, start stepping for your stair-stepper workout.

   The console will calculate your calories burned for a stair-stepper workout, and the MILES/TOTAL STEPS will show total steps taken.

Note: Miles/Total Steps display will toggle between miles and total steps every 6 seconds.

Starting a Stair-Stepper Workout (TC1000)

1. DO NOT press START/STOP.
2. Begin stepping, however, remember that the TIME, SPEED and DISTANCE displays will not display your workout information.

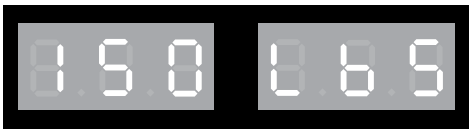
Bowflex® TreadClimber® Workout

A TreadClimber® workout combines stair-stepping with moving belts and gently supported resistance, providing you a workout that burns calories faster than almost any cardiovascular exercise machine you have ever experienced. While you may use your TreadClimber® machine in treadmill and stair-stepping modes in addition to the TreadClimber® mode, you will experience the best calorie and fat-burning when working out in TreadClimber® mode.

Starting a TreadClimber® Workout (TC3000 and TC5000)

To avoid injury, do not stand on the walking belts while starting or stopping them.

1. Push POWER to turn on the Console. The console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole.
2. Input your weight.
   FOR FIRST TIME USE: A default weight of 150 lbs will show in the digital displays.



Display: 150 lbs

   Use the FASTER or SLOWER buttons to increase or decrease to your actual weight. The TreadClimber® machine will remember the last weight you input and display that weight upon startup the next time you exercise.

3. When your weight is displayed accurately, push START/STOP one time.
4. Input your Workout Level Setting.

   FOR FIRST TIME USE: A default workout level of 6 will show in the digital displays.

Display:Workout Level 12

   Use the FASTER or SLOWER buttons to change the digital display setting to your actual workout level setting.

Note: Actual Workout Level Settings are changed manually, using the Workout Level dials located on each Hydraulic Cylinder, but you will also need to input your Workout Level into the console for calorie burn calculations.

5. When your Workout Level is displayed accurately, push START/STOP once again. This will start the clock counting your workout TIME.

Note: Your TreadClimber® machine uses your Workout Level and weight settings to calculate your calories burned. If your Workout Level or weight changes, you must remember to change your settings on the console to insure accurate calorie burn calculation.

6. Press FASTER to start the belts. Starting belt speed is 0.7 MPH (1.1 KPH).

Note: Belts may take two to three seconds to start.

7. Once the belts have started, you may step onto the treadles at any time.

Note: If you are new to the Bowflex® TreadClimber® machine, make sure to start your workout at a slower speed, gradually increasing belt speed as your endurance and fitness levels increase.

8. Press FASTER or SLOWER to increase or decrease belt speed as needed.

Starting a TreadClimber® Workout (TC1000)

To avoid injury, do not stand on the walking belts while starting or stopping them.

1. Push START/STOP to start the walking belts—TIME starts counting as soon as you start the belts.

Note: The console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole.

2. Once the belts have started, you may step onto the treadles at any time.
3. Press FASTER to increase your speed. Starting belt speed is 0.5 MPH (0.8 KPH).

Note: If you are new to the TreadClimber® machine, make sure to start your workout at a slower speed, gradually increasing belt speed as your endurance and fitness levels increase.

4. Press FASTER or SLOWER to increase or decrease belt speed as needed.

Workout Instructions

Preliminary TreadClimber® Workout

First 4 Weeks

Based on your Perceived Exertion Level (see the Determining Your Fitness Level section at the beginning of the Workout Instructions section of this manual), follow the Preliminary Workout guidelines to ease yourself into a weekly Bowflex® TreadClimber® regimen. This regimen may include varying stair-stepper, treadmill and TreadClimber® modes (combination elliptical, stair-stepping and treadmill) workouts or any one of those workouts that suits your own unique and ever-changing exercise-regimen needs.

Remember to always use your own, best personal judgment and the advice of your physician or health care professional to determine how intense and how long your daily workout should be.

Warming Up

Before you begin any workout, you should prepare your body for increased activity by slowly raising your heart rate.

Stair-stepping is one way to warm up your body slowly without fatiguing. Follow the directions in the Stair-Stepper Workout section in this manual to begin a stair-stepper warm-up. When you are ready to begin your TreadClimber® workout, all you will need to do is:

a) Step off the treadles onto the Side Foot Support Platforms

b) Engage the belts by pressing the FASTER button (START/STOP for the TC1000)

Beginning Your Workout

Interval Training and Steady State are two types of workouts that you may perform on the TreadClimber® machine while in TreadClimber® mode (stepping and using the belts at the same time). You may also wish to combine Interval Training with Steady State Training to get a varied workout.

Interval Training involves adjusting your speed for specific lengths of time to raise and lower your heart rate and calorie burn. Interval training varies the intensity of your workout during one exercise session. Alternating high-intensity training with low-intensity rest periods will boost your metabolism and help you continue to burn calories even after your workout is over.

Interval training also helps prevent the injuries often associated with repetitive endurance exercise, and allows you to increase your training intensity without over-training or burning out.

Try varying your belt speed or rate of stepping from fast speeds to slower recovery speeds to begin building your own Interval Training regimen.

Steady State workout involves performing one exercise at the same speed and intensity for a long period of time. While there are risks to repetitive workouts, the TreadClimber® machine is designed to cushion your joints and muscles from those stress injuries. Further, repetitive workouts can help you build your endurance, stamina and strength while continuing to hone and improve the tone and lean muscle mass in your long muscles.

Workout Instructions

Beginner Level	Intermediate Level	Advanced Level
Week 1	**Week 1**	**Week 1**
• 3 x per week – treadmill workout with treadles locked at 2 MPH pace for 30 minutes Once this has become easier, retest your Fitness Level to determine if you are ready to progress to Week 2 – your perceived exertion should have improved at least one point.	• 3 x per week, perform a TreadClimber® workout at steady, constant pace for 30 minutes	• 2 days interval training – 30 minutes • 1 day steady pace – 30 minutes Increase workout level setting during training weeks, if needed, to maximize TreadClimber® fitness benefits.
Week 2	**Week 2**	**Week 2**
• 3 x per week, perform a TreadClimber® workout at steady, constant pace – 30 minutes Once this has become easier, retest your Fitness Level to determine if you are ready to progress to Week 3 – your perceived exertion should have improved at least one point.	• 2 days steady pace – 30 minutes • 1 day interval training – 30 minutes Increase your workout levels during training weeks, if needed, to maximize TreadClimber® fitness benefits.	Use Weeks 1 as a guide to help you begin building your own long- term fitness routine, adjusting your interval speeds, resistance, step depth, etc. in order to maximize TreadClimber® benefits.
Week 3	**Week 3**	
• 2 days steady pace – 30 minutes • 1 day interval training – 30 minutes Increase workout level setting.	Use Weeks 1 and 2 as a guide to help you begin building your own long-term fitness routine, adjusting your interval speeds, resistance, step depth, etc. in order to maximize TreadClimber® benefits.	
Week 4		
• 2 days interval training – 30 minutes • 1 day steady pace – 30 minutes Increase workout levels 1-2 levels during training weeks, if needed, to maximize fitness benefits.		
Week 5		
Use Weeks 1, 2, 3 and 4 as a guide to help you begin building your own long-term fitness routine, adjusting your interval speeds, resistance, step depth, etc. in order to maximize TreadClimber® benefits.		

Ordering Replacement Parts

Call a Bowflex® TreadClimber® representative to order replacement parts and get assistance with your specific replacement or service requirements. Refer to the Important Contact Numbers page for contact information.

Refer to the TreadClimber® Parts Reference Guide, and Hardware and Tool List in the Assembly Guide section of this manual, or the Parts exploded views in the Repairs/Maintenance section of this manual when ordering parts. Refer to the Important Contact Numbers page at the back of this manual for contact information.

Routine Maintenance

For general routine maintenance and cleaning see the Care of Your TreadClimber® Exercise Machine section of this manual.

The safety and integrity designed into a machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the owner to ensure that regular maintenance is performed. Worn or damaged components should be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components should be used to maintain/repair the equipment.

Never attempt to make any diagnostic repairs on your own. Alway contact a Bowflex® TreadClimber® representative at 1-800-NAUTILUS (1-800-628-8458). Allow them to guide you through the diagnostice process.

To avoid electrical shock or burn, disconnect the power cord and wait 10 minutes before servicing this machine.

How to access the TC5000/TC3000 LED Board

It is possible that you will need to be able to locate the Lower LED Board during a service call to a TreadClimber® Representative at 1-800-NAUTILUS (1-800-628-8458).

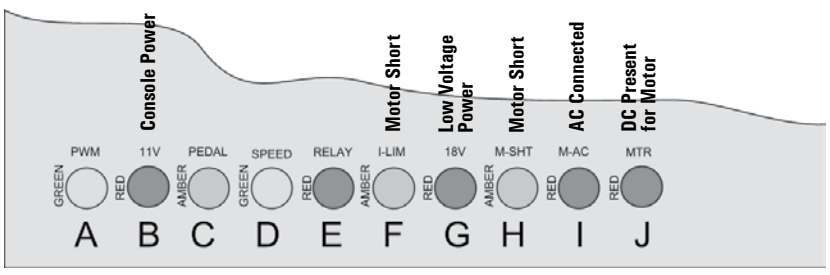
The TC5000 Lower LED Board is located behind the right Plastic Drive Cover. Remove the right Plastic Drive Cover by using a #2 Phillips head screwdriver to unscrew the (3) #10 Phillips head screws attaching the Drive Cover to the base. Gently pull the right Plastic Drive Cover from the base of the unit, carefully setting the Drive Cover and the screws aside until you have completed your diagnostics with a TreadClimber® Representative.

Removing the Right Plastic Drive Cover

Once you remove the Drive Cover, you will see the LED board.

A TreadClimber® Representative at 1-800-NAUTILUS (1-800-628-8458) will help you locate the Lower LED Board lights and guide you through basic diagnostic maintenance from this point—never attempt to repair or diagnose the TreadClimber® Machine without making a call to a TreadClimber® Representative.

Lower LED Board



Calibration (TC3000 and TC5000 only)

Failure to calibrate your machine prior to use could result in machine failure and could cause injury.

During the entire calibration process, stand on the side foot support platforms or rubber mat only. Do not stand on the walking belts during this entire process.

Note: Re-calibration is also neccessary in the event of a power outage or if a component like a belt or motor has been replaced.

1-1 Plug the power cord into the the wall outlet.

1-2 Turn on the Main Power Switch (See Figure 18-1).

1-3 Stand on the side foot support platforms or rubber floor mat. Do NOT stand on the belts.

1-4 Hold down the POWER and SLOWER buttons. Insert the Safety Key.

Note: If the Safety Key is not fully inserted into the safety keyhole, the TreadClimber® will not operate.

1-5 Release the POWER and SLOWER buttons. The TIME display will read “CAL”, PrSS”,”Strt”.

1-6 Press the START/STOP button to start calibration.

Note: The belts will start and stop and the displays will show various numbers that relate to the calibration process. Do NOT interrupt calibration.

1-7 When calibration has finished “CAL” “PASS” wil show in the TIME display.

1-8 Remove and re-insert the Safety Key to clear the display.

When the Bowflex® TreadClimber® exercise machine has completed calibration, you may begin your workout.

Note: During calibration the 100 ft LED on the TC5000 signifies the belt speed sesor, 1000 ft LED is the step sensor. Some models of the TC 3000 will show the step sensor in the DISTANCE window as a heart and the speed sensor in the SPEED window as a heart.

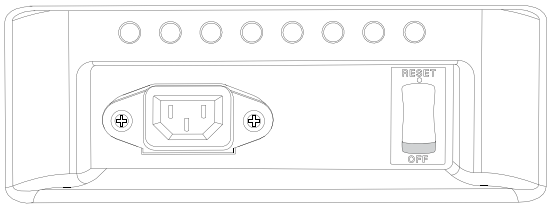


Figure 1-1
Main Power Switch “On”

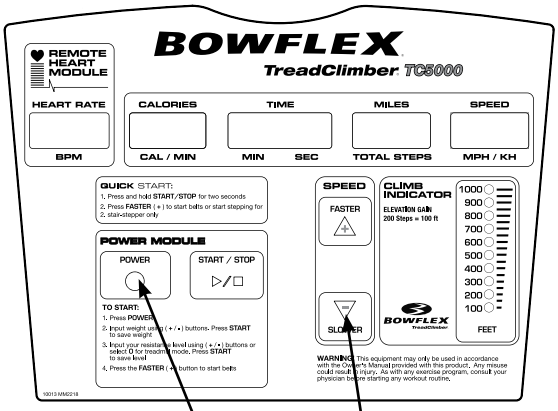


Figure 1-2
TC5000 Power & Slower Buttons

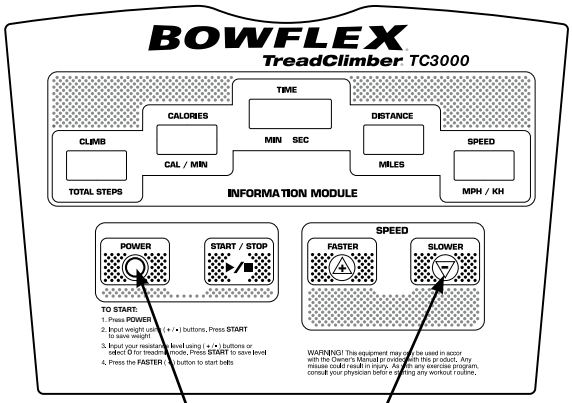


Figure 1-3
TC3000 Power & Slower Buttons

If Calibration Fails (Screen Displays "Cal Fail" Message):

This error usually indicates that the console is unable to determine the speed of the belts. Take the following steps:

1. Unplug the unit and remove the three back covers.
2. Hold a stiff business card, ID card, or other similar onto the inside of the drive pulley. Adjust the speed sensor towards the card until it just makes contact.
3. Remove the card.
4. Plug unit in and recalibrate.

I f calibration is successful:

- Replace three back covers

If calibration not successful:

- Leave plastic covers off and contact customer care for assistance. (See Important Contact Numbers page at the back of this manual).

Explanation of Calibration Display Messages (for information only):

During calibration, the TIME display will show you text messages updating you as to the status of calibration. When there is no text message in the TIME display window, the other displays will show the following:

HEART RATE (TC5000 Only) – will show the status of the motor control relay.

- "ON" signifies the power relay is on and energizing the motor.
- "OFF" signifies the motor control relay is off and not energizing the motor.

CALORIES/CAL PER MIN – will show the version number of the software.

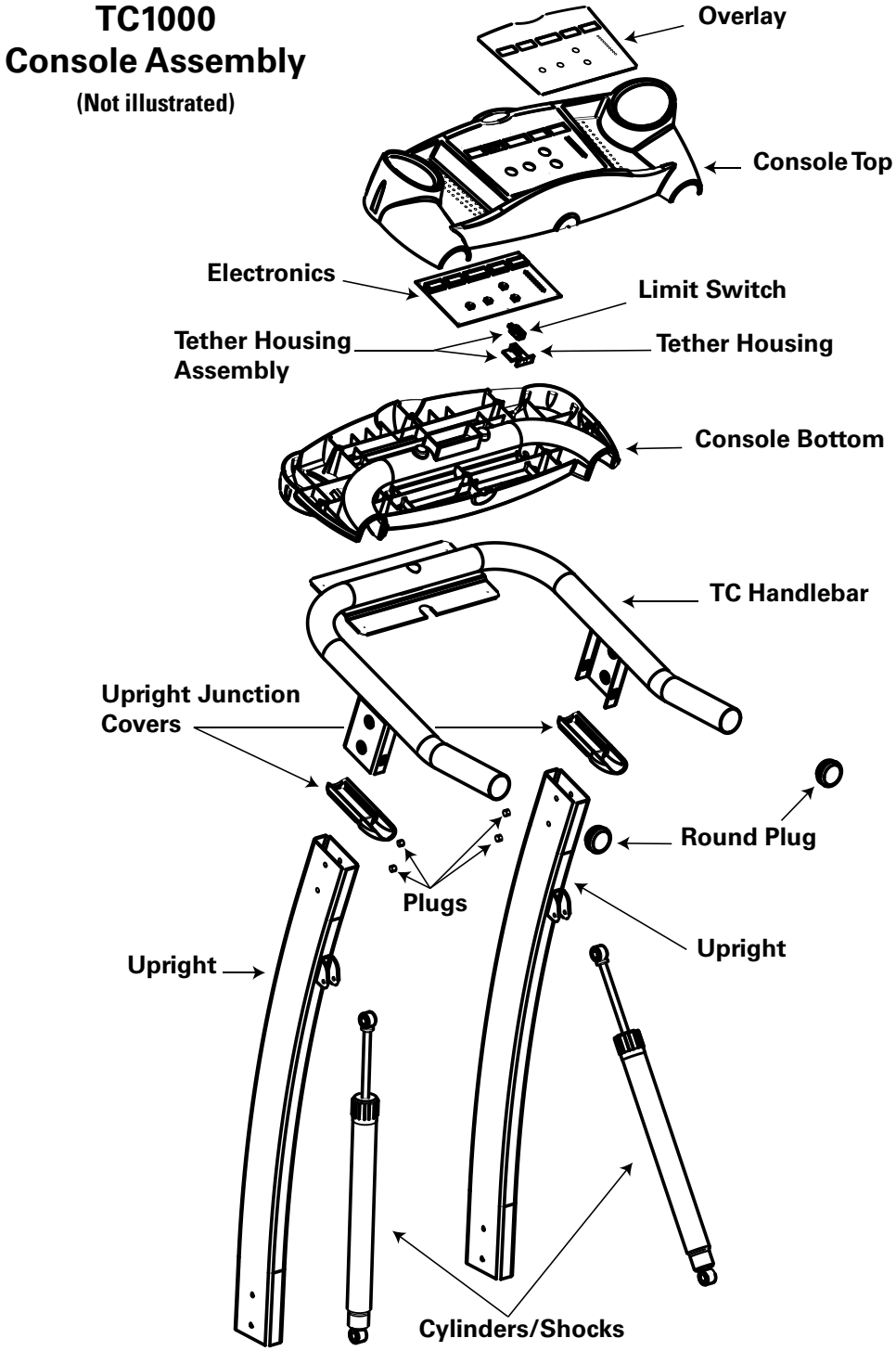
TIME – will show either a text message regarding auto-calibration ("d0nE", "Strt", etc.) or the actual Pulse Width Modulation (PWM) number (a number that provides digital information about base unit functions to the console) if START/STOP, FASTER or SLOWER is pressed during calibration.

MILES/TOTAL STEPS (DISTANCE/MILES for TC3000) – will show the calibration of the total step count.

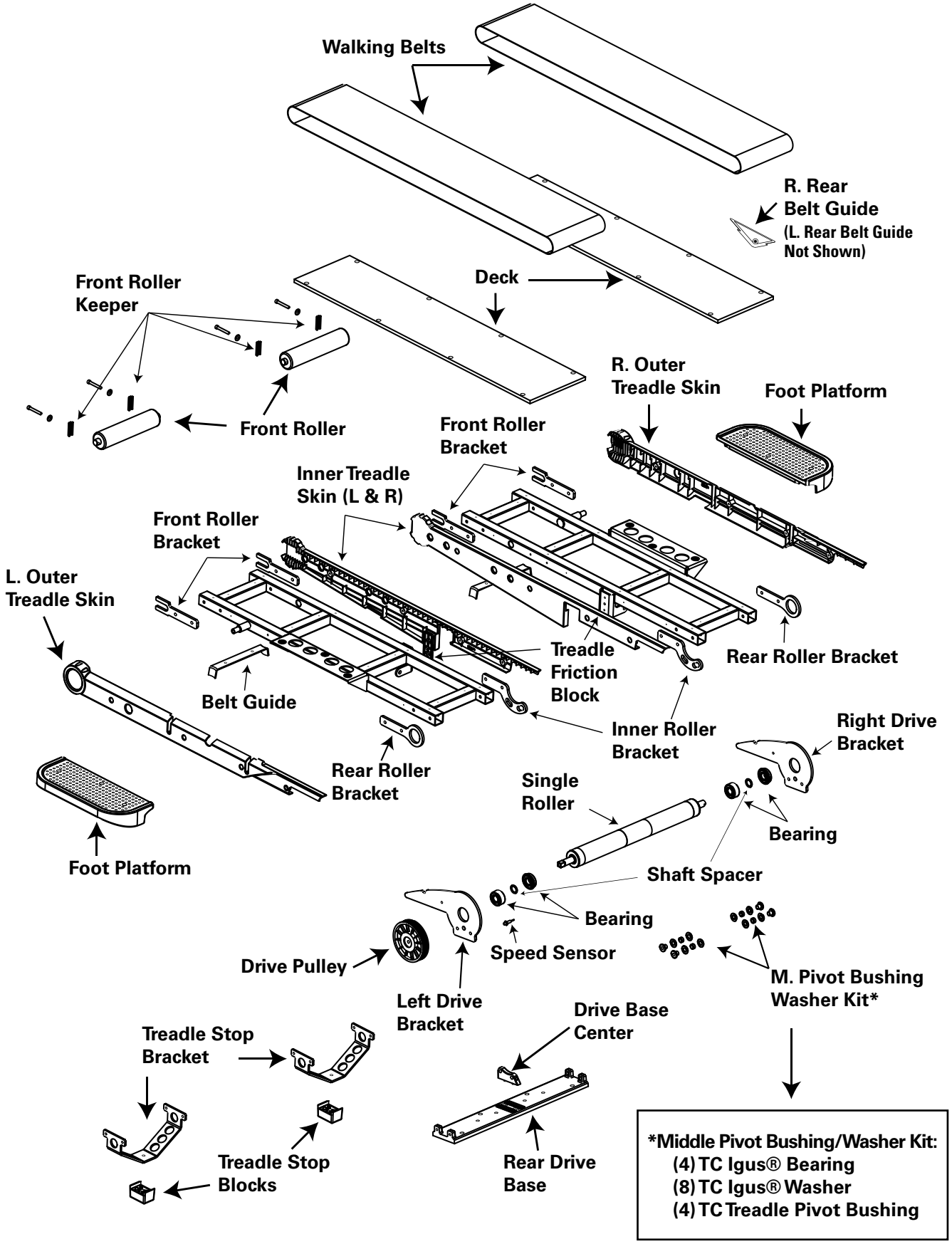
SPEED – will display the actual belt speed during the calibration function.

Ordering Replacement Parts

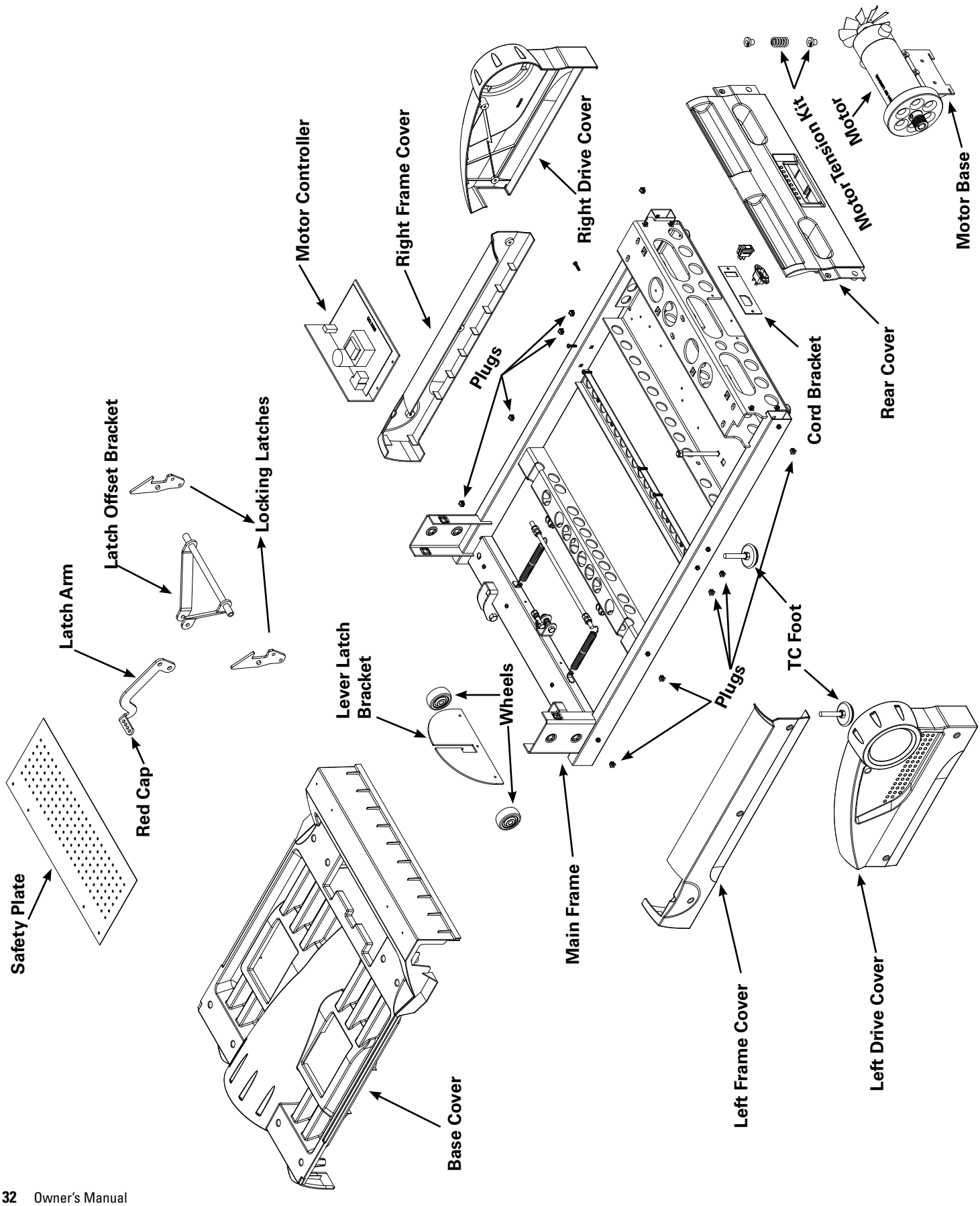
Call a Bowflex® TreadClimber® Representative at 1-800-NAUTILUS (1-800-628-8458) to order replacement parts and get assistance with your specific replacement or service requirements.



Parts


Walking Belts
R. Rear
Belt Guide
(L. Rear Belt Guide
Not Shown)
Deck
Front Roller
Keeper
Front Roller
R. Outer
Treadle Skin
Foot Platform
Front Roller
Bracket
Inner Treadle
Skin (L & R)
Front Roller
Bracket
L. Outer
Treadle Skin
Treadle
Friction
Block
Rear Roller Bracket
Belt Guide
Inner Roller
Bracket
Right Drive
Bracket
Rear Roller
Bracket
Single
Roller
Bearing
Foot Platform
Shaft Spacer
Bearing
Drive Pulley
Speed Sensor
M. Pivot Bushing
Washer Kit*
Left Drive
Bracket
Drive Base
Center
Treadle Stop
Bracket
Treadle Stop
Blocks
Rear Drive
Base
*Middle Pivot Bushing/Washer Kit:
(4) TC Igus® Bearing
(8) TC Igus® Washer
(4) TC Treadle Pivot Bushing

Parts


Motor Controller
Right Frame Cover
Right Drive Cover
Motor Tension Kit
Motor
Motor Base
Plugs
Cord Bracket
Rear Cover
Latch Offset Bracket
Locking Latches
Latch Arm
Lever Latch Bracket
Wheels
Plugs
TC Foot
Red Cap
Safety Plate
Main Frame
Left Frame Cover
Left Drive Cover
Base Cover

Bowflex® TreadClimber® 100% Satisfaction Guarantee

We want you to know that your Bowflex® TreadClimber® machine is a superior product. Your satisfaction is guaranteed. If, for any reason, you are not 100% satisfied with your TreadClimber® machine, please follow the instructions below to return your merchandise and receive a refund of the purchase price, less shipping and handling.

This TreadClimber® Satisfaction Guarantee applies only to merchandise purchased by consumers directly from Nautilus, Inc. This guarantee does not apply to sales made by dealers or distributors.

1. Call a TreadClimber® Representative at 1-800-NAUTILUS (1-800-628-8458) for a Return Authorization Number (RMA). An RMA will be granted if:

    a. The Bowflex® TreadClimber® exercise machine was purchased directly from Nautilus, Inc.
    b. The request to return the product is within 6 weeks of the delivery date of your merchandise.

2. If an RMA is granted, the following instructions will prevent delays in the processing of your refund.

    a. The merchandise must be returned to the address given to you at the time of the Return Authorization Call.
    b. All returned merchandise must be properly packaged in good condition, preferably in the original boxes.
    c. The exterior of the boxes should be marked clearly with:
        - Return Authorization Number
        - Your Name
        - Your Address
        - Your Phone Number
    d. Additionally, a piece of paper with your name, address and phone number or copies of your original invoice should be placed in each box of merchandise.
    e. Your RMA number is time sensitive. Your shipment must be post marked within two weeks from the date the TreadClimber® Representative issued the Return Authorization Number.

    NOTE: You are responsible for return shipping and for any damage or loss to merchandise that occur during return shipment. Nautilus recommends that you obtain tracking numbers and insure your shipment.

Unauthorized Returns

Nautilus, Inc. defines an unauthorized return as any merchandise returned to our facilities without a valid and current Return Merchandise Authorization (RMA) number issued by Nautilus. Failure to properly mark packages with a valid RMA number, or allowing an RMA number to expire, will cause Nautilus, Inc. to consider a return unauthorized. Any merchandise returned without a RMA number will not be subject to a refund or credit and Nautilus will discard the product. The customer assumes all shipping and handling charges for any unauthorized return.

Important Contact Numbers

UNITED STATES:

TECHNICAL/CUSTOMER SERVICE
Phone: 800-NAUTILUS (800-628-8458)
E-mail: tcinquiry@nautilus.com

CORPORATE HEADQUARTERS
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: (800) NAUTILUS (800) 628-8458

Please supply the serial number of your machine and the date of purchase when you call Nautilus. Use the space in the boxes below to write down this information. To find the serial number on your machine, refer to the Safety Warning Label information page. Dial the number of the office close to you.

Serial Number
Date of Purchase

INTERNATIONAL OFFICES:

INTERNATIONAL CUSTOMER SERVICE
Nautilus International S.A.
Rue Jean Prouvé
1762 Givisiez / Switzerland
Tel: (41) (26) 460 77 77
Fax: (41) (26) 460 77 70
E-mail: technics@nautilus.com

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Fax: (49) 02203 2020 45 45

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